



HealthQuest Wellness Champion Network Monthly Webinar

Thursday, February 12th - 11:00-11:45am

Toll-free call in number: 1-800-391-9177
Conference Code: 450 521 2393#
Sign in with full name of all attendees
Press *6 to mute/unmute your line or
Mute your personal line
Please check the volume on your phone

Agenda

- **Welcome New Champions!**
- **Establishing Your Vision . . . Together**
 - With Special Guest Jack Bastable
- **Program Year Survey – Results Recap**
- **Stay Strong & Resolution ON! – Webinars Recap (Success!)**
- **Heart Smart Challenge is HERE! – February 2nd – 27th, 2015**
- **February EAP Webinar**
- **February Seminar**
- **WCN Recruitment E-mail – going out end of February**

Welcome New Champions!



If this is your first WCN webinar, please type your name in the chat box on the Webex. I will call on each of you to introduce yourself!

- Your Name
- Agency/Group and Job
- Fun Fact / Favorite Physical Activity

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4 Steps to Building a High Performance Wellness Team for your Agency or Department

4 STEPS TO DEVELOPING & SUSTAINING A HIGH-PERFORMANCE WELLNESS TEAM TO IMPACT YOUR AGENCY OR DEPARTMENT

1. Recruiting your team
- 2. Establishing your vision together**
3. Setting goals and action plans
4. Maintaining motivation and building sustainability



EXAMPLES OF VISION STATEMENTS

- **Microsoft:** “A computer on every desktop.”
- **Nike:** “To bring inspiration and innovation to every athlete in the world.”
- **Apple:** “A computer in the hands of everyday people.”
- **Disney:** “Make people happy.”
- **Google:** “To provide access to the world’s information in one click.”
- **Girl Scouts:** “Help a girl reach her highest potential.”
- **Zappos:** “The online service leader”



VISION MATTERS

There were three men laying bricks.

The first is asked, "What are you doing?" ...

"Laying these darn bricks."

The second is asked, "What are you doing?" ...

"Feeding my family."

The third is asked, "What are you doing?" ...

"I'm part of the team building a cathedral so that people can come and worship and feel at peace."



STEP 2: ESTABLISHING YOUR VISION TOGETHER

1. Establishes a clear "why?"

2. Clarifies direction and purpose

3. Inspires enthusiasm and commitment

4. Bridges the present and future

5. Is ambitious (not limited by current circumstances or what is perceived possible)



RESOURCES FOR SETTING A VISION WITH THE TEAM

<http://www.makeadentleadership.com/developing-a-team-vision-statement.html>

<http://eprints.qut.edu.au/3025/1/3025.pdf>

<http://www.michaelnichols.org/developing-vision>

<https://hbr.org/1996/09/building-your-companys-vision>

<http://www.jimcollins.com/tools/vision-framework.pdf>



PROGRAM YEAR SURVEYS - RECAP

- Sent out Wednesday, January 7th
- Three different versions
 - **Completer** – 5,837 received
 - 5,714 answered Satisfaction ?
 - Over 86.5% were Satisfied, Very Satisfied, or Extremely Satisfied!
 - **Non-Completer** – 234
 - 208 answered Satisfaction ?
 - Over 55.2% were Satisfied, Very Satisfied, or Extremely Satisfied
 - **New Member** – 153 received
 - 147 answered Satisfaction ?
 - Over 82.3% were Satisfied, Very Satisfied, or Extremely Satisfied!



STAY STRONG & RESOLUTION ON – WEBINAR RECAP!!

- Webinars held January 27th, 28th, & 29th
 - 27th 12:00 & 1:00
 - 28th 12:00 & 1:00
 - 29th 11:00 & 12:00
- Highlighted Coaching Programs available at no charge
 - Virtual Coaching
 - Lifestyle Coaching
 - Condition Management Programs (5)
 - Quit for Life
- 100+ total participants
 - Received many nice e-mailed compliments
 - Planning to include more Webinars this Program Year

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HEART SMART CHALLENGE – FEBRUARY 2ND – FEBRUARY 27TH, 2015

Heart Smart Challenge

February 2nd – February 27th, 2015

The **Heart Smart Challenge** is a 4 week program designed to help you build two key heart smart activities into your life: physical activity, and a healthy diet.

How the Challenge Works – Earn 1 challenge point per activity per day for each of the following (max of 4 points per day).

- Eat 3 or more servings of vegetables
- Eat 2 or more servings of fruit
- Eat 2 or more servings of whole grains
- Exercise 30 minutes or more

How to Track Points

- Track your activity online at www.KansasHealthQuest.com or use the Mya app.
- You can also use the paper tracking form for convenience.
 - Your goal in this Challenge is to accumulate at least 60 points.
- Be sure to record all activity points online by Friday, March 6th and your 5 HealthQuest Credits will be automatically recorded.

Did you know that heart disease is the #1 cause of death in America? Join the challenge to get **Heart Smart!**

Are you doing what you can to protect your heart? The good news is that a few lifestyle changes can make a big impact on the health of your heart. This challenge can help you take simple steps to practice heart-healthy behaviors and reduce your risk for heart disease.

Goal: 60 points
Earn 5 Credits!

**Last Day to
Enter
Points:
3/2/15**

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FEBRUARY 2015 EAP WEBINAR

THURSDAY, FEBRUARY 19TH, 2015

- ✓ Emotional Eating: The Connection between Mood and Food
- ✓ Register at
<https://www3.gotomeeting.com/register/542678822>

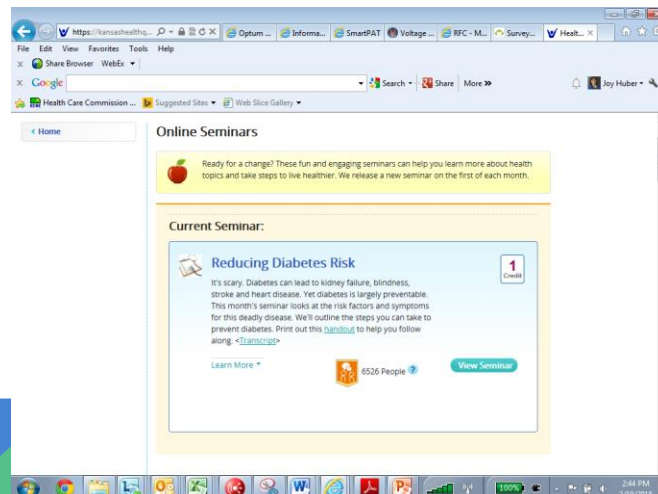
The population of the United States is becoming increasingly obese with each passing decade. There are many speculations about the cause of this phenomenon from an increasing sedentary lifestyle, the ready availability of high caloric foods to stress and even sleep deprivation.

However, if people ate only when they were truly hungry and stopped when they were full, there would be no obesity epidemic. This workshop will address the relationship between emotions and food consumption and how to retrain your body and mind to recognize the cues of hunger and to eat for physiological and not emotional reasons.

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FEBRUARY 2015 SEMINAR

AVAILABLE ON THE PORTAL 2/1/15



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MARCH IS NATIONAL NUTRITION MONTH!!!

March Seminar: Eat Healthy Foods for Less!
Available on the Portal 3/1/15

Resource:

<http://www.nationalnutritionmonth.org/nnm/>



Thank You for Attending Today!

Next Meeting is Thursday, March 12th, 2015

11:00-11:45am

Secret Question:

Open Questions / Comments

